

# Instructions for Request for Proposals (RFP) for NFPA 1582 Compliant Firefighter physicals for City of Tallmadge, Ohio

**Project Manager:** Ben Stasik, Deputy Fire Chief, is the project manager for this project on behalf of the City of Tallmadge. Questions regarding this proposal may be sent to [bstasik@tallmadge-ohio.org](mailto:bstasik@tallmadge-ohio.org).

**Proposals Due:** The RFP is due on or before **October 5th at 1:00 p.m.** – email to:

Ben Stasik, Deputy Fire Chief

Email: [bstasik@tallmadge-ohio.org](mailto:bstasik@tallmadge-ohio.org)

Phone: 330-633-0970

**Scope of Work:**

The Tallmadge Fire Department (TFD) has targeted ensuring the health and safety of its employees as the key objective. The organization believes that an essential method to achieving this objective is to implement a National Fire Protection Association (NFPA) 1582 compliant physical. The test must be consistent with federal employment law. It should be designed to enhance and sustain an appropriate level of emergency response capability. It should also serve as a benchmark by which job-related physical capacity can be related to positive health-related outcomes.

The program requires a medical provider with in-depth knowledge regarding fire-service-specific medical assessments per NFPA 1582 Standards.

## OBJECTIVES

- a) Establish and maintain a confidential occupational medical evaluation program for members that meets or exceeds NFPA 1582
- b) Early detection, disease prevention, and health promotion of TFD firefighters
- c) Create baseline data to monitor future effects of exposure to specific biological, physical, or chemical agents.
- d) Detect changes in individuals' health that may be related to harmful working conditions.
- e) Provide information to personnel about occupational hazards and current health.
- f) Comply with federal, state, and local requirements.
- g) Reduce out-of-service time through preventative early intervention of potential problems.
- h) Decrease re-injury rates.

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## **SCOPE OF WORK**

The components of the medical evaluations shall conform to all applicable U.S. OSHA standards, including 29 CFR 1910.120, "Hazardous waste operations and emergency response"; 29 CFR 1910.134, "Respiratory protection"; 29 CFR 1910.95, "Occupational noise exposure"; and 29 CFR 1910.1030, "Bloodborne pathogens."

- a) Medical and Occupational/Environmental History Questionnaire to be Completed by Employee & Reviewed by Physician.
- b) General Physical and Neurological Examination
- c) Vital Signs: Temperature, pulse, respiratory rate, and blood pressure (BP).
- d) Head, Eyes, Ears, Nose, and Throat (HEENT)
- e) Neck
- f) Cardiovascular: Inspection, auscultation, percussion, and palpation
- g) Pulmonary: Inspection, auscultation, percussion, and palpation.
- h) Breast (including exam and self-examination education)
- i) Gastrointestinal: Inspection, auscultation, percussion, and palpation.
- j) Genitourinary (includes pap smear, testicular exam)
- k) Hernia Exam
- l) Lymph Nodes: Evaluation of lymph nodes in the cervical, auxiliary, and inguinal regions.
- m) Neurological: Must include a general mental status evaluation and general assessment of the major cranial/peripheral nerves (motor, sensory, reflexes.
- n) Musculoskeletal: Includes an overall assessment of range of motion (ROM) of all joints.
- o) Skin Exam: (includes screening for cancers).
- p) Vision - Assessment of vision must include evaluation of distance, near, peripheral, and color vision. Evaluate for common visual disorders.
- q) Colon cancer screening

## **Blood Analysis.**

- a) The Blood Analysis must take place before physicals and reviewed during physicals. The following are components of the blood analysis. At a minimum, laboratory services must provide these components in their automated chemistry panel (aka SMAC 20) and complete blood count (CBC) protocols.
- b) CBC with differential, Red Blood Cell Count (Hematocrit) indices and morphology, and Platelet Count.
- c) CMP—Comprehensive Metabolic Profile.
- d) C-Reactive Protein.
- e) Lipid Panel—Includes Total Cholesterol, Low-Density Lipoprotein

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(LDL-C) level, High-Density Lipoprotein (HDL-C) level, Total Cholesterol/HDL Ratio, Triglycerides.

f) PSA Prostate Cancer Marker

g) Testosterone (Men)

### Urinalysis

a) Dip Stick—Includes pH, Glucose, Ketones, Leukocyte Esterase, Protein, Blood, and Bilirubin

c) Microscopic—Includes WBC, RBC, WBC Casts, RBC Casts, and Crystals

### Audiology

Hearing thresholds shall be assessed in each ear at each of the following frequencies: 500 Hz, 1000 Hz, 2000 Hz, 3000 Hz, 4000 Hz, 6000 Hz, 8000 Hz.

### Pulmonary Function Test (Spirogram)

a) Spirometry/Pulmonary Function Test (FVC, FEV1, absolute FEV1/FVC ratio)

### Chest X-Ray

a) Includes radiologist review.

### Electrocardiograms (ECGs)

a) Resting ECG

b) Cardiac Treadmill Stress Test with EKG and with or without imaging echocardiography or radionuclide scanning.

c) Coronary Calcium Scan—based on age & risk stratification

### Titers, Immunizations, and Infectious Disease Screening

a) Hepatitis C Virus Screen

b) HIV Screening

### Heavy Metal Screening

l) Arsenic (urine), Mercury (urine), Lead (urine), Lead (blood), Aluminum, Antimony, Bismuth, Cadmium, Chromium, Copper, Nickel, Zinc Organophosphates (RBC cholinesterase), Polychlorinated Biphenyls (blood)

### Ultrasound Screening.

a) Echocardiogram—Heart with Function

b) Thyroid

c) Carotid Arteries

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- d) Aorta and Aortic Valve
- e) Internal Organs—Liver, Pancreas, Gall Bladder, Spleen, Kidneys, Bladder, thyroid.
- g) Ovaries and Uterus for women
- h) Testicular and Prostate for men

## **Weight and Body Composition**

### **CONSTRAINTS Out of Scope**

- a) It is out of scope to diagnose, treat, or offer to treat any disease or disorder, mental or physical, or any physical deformity or injury by any system or method and to effect cures thereof.
- b) General follow-up care is not supported by this contract. Personnel have the right to choose who provides follow-up care. Therefore, it becomes the individual's responsibility for his/her medical provider selection and payment for any follow-up visits and/or procedures.

### **TASKS/DELIVERABLES/PERFORMANCE REQUIREMENTS**

- a) Identify a primary contact for the duration of the contract and a consistent point of contact for scheduling exams and other work scope matters.
- b) Written respiratory protection clearance issued to TFD for each individual eligible to wear positive and negative pressure respiratory protection in compliance with OSHA respiratory protection standard 29 CFR 1910.134

### **MEDICAL INFORMATION SYSTEM/CONFIDENTIALITY**

- a) All medical record keeping shall comply with the requirements of 29 CFR 1910.1020, "Access to employee exposure and medical records," and any other applicable regulations and laws.
- b) Medical information must be collected in a database that can provide both aggregate reports as well as specific individual information, that is electronically secure to only pre-authorized medical providers.
- c) The contractor will maintain medical records in a manner that makes them readily identifiable as Tallmadge firefighter medical records.
- d) At no time will an individual's medical information be released without written authorization by the employee.

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**Timeline:** Upon execution of an Agreement for Services, the provider will schedule for full delivery of the services within 30 calendar days.

**Appraiser Qualifications:** The provider must be knowledgeable and experienced in public safety physicals with specific experience with NFPA 1582 and OSHA respirator requirements.

Any required licensure must be valid in the State of Ohio.

The provider nor its "principals" (as defined at 49 CFR section 29.105(p)) can be presently debarred, suspended, proposed for debarment, declared ineligible, or voluntarily excluded from covered transactions by any Federal department or agency.

**General Information:** The City of Tallmadge reserves the right to reject any or all proposals and to accept the proposal deemed most beneficial to the City of Tallmadge.

The City reserves the right to waive any informality in any proposal, and to reject any or all proposals. The City also reserves the right not to enter into any contract as a result of this Request for Proposal.

The Contractor covenants to save, defend, hold harmless, and indemnify the City, and all of its officers, departments, agencies, agents, and employees (collectively the "City") from and against any and all claims, losses, damages, injuries, fines, penalties, costs (including court costs and attorney's fees), charges, liability, or exposure, however, caused, resulting from, arising out of, or in any way connected with the Contractor's intentional, negligent, or grossly negligent acts or omissions in performance or nonperformance of its work called for by the Contract Documents.

The contractor shall forward invoice(s) for services rendered directly to: The City of Tallmadge Public Service Department, **85 W. Overdale Dr.**, Tallmadge, Ohio 44278.

